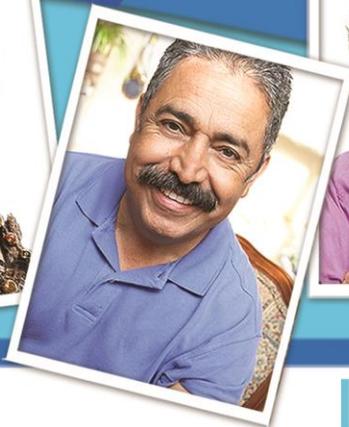


The Time is NOW



Learn to control your **DIABETES**

Are you a person with Medicare who has diabetes or know someone who does?

Sign up today for a FREE 6-week workshop.

Diabetes Self-Management Program (DSMP) workshops include six different sessions, each covering a new topic.

*Sign up today and remember to mark your calendars, so you are able to **attend all six sessions.***

We regret that there can be no new attendees after Workshop #2.

Workshop Location:

The Plainfield YMCA (518 Watchung Ave, Plainfield, NJ 07060)

Workshop #1: Date Tuesday, March 15, 2016

Time 10:30 a.m. - 1:00 p.m.

Workshop #2: Date Tuesday, March 22, 2016

Time 10:30 a.m. - 1:00 p.m.

Workshop #3: Date Tuesday, March 29, 2016

Time 10:30 a.m. - 1:00 p.m.

Workshop #4: Date Tuesday, April 5, 2016

Time 10:30 a.m. - 1:00 p.m.

Workshop #5: Date Tuesday, April 12, 2016

Time 10:30 a.m. - 1:00 p.m.

Workshop #6: Date Tuesday, April 19, 2016

Time 10:30 a.m. - 1:00 p.m.

Register by Contacting:

Karen Hale at (732) 955-8148



Please Note: The workshops are open to anyone. You do not need to be a member of The YMCA.



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